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Alternative Medicines

Aromatherapy

Aromatherapy is a branch of herbal medicine that uses essential oils extracted from plants and herbs to treat conditions ranging from infections and skin disorders to immune deficiencies and stress. Smell is a very strong sense which can evoke many different types of emotions. Aromatherapy is the use of specific essential oils to help rebalance, harmonize and promote spiritual health and a feeling of well being. [Read More](#)



Yoga

This site contains succinct and easily understood advice and tips on basic yoga exercises anyone can do (including older people or children), without the need to sign up for those high-impact yoga "derivatives" which defeats the core principles of true yoga - that of relaxation and meditation. [Read More](#)



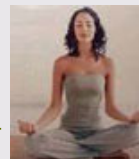
Diet Therapy

The importance of diet to health, especially in the prevention and cure of illness, is slowly becoming apparent. A variety of alternative diets are offered for treating cancer, cardiovascular disease, and food allergies. Some alternate dietary lifestyles are believed to offer a greater resistance to illness. [Read More](#)



Meditation

The meditation encompasses such diverse methods as Formal sitting in which the body is held immobile and the attention controlled. e.g., Zazen, Vipassana. The practice of going about one's daily round of activities mindfully. e.g., Mahamudra, Shikan Taza, Gurdjieff's "self-remembering". [Read More](#)



Vitamins

Vitamins and minerals are needed for proper growth and development and body maintenance. There are 13 major vitamins which, apart from K and D, must be obtained from the food we eat. [Read More](#)



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